



Discover your raleigh parks and recreation Department

City of Raleigh Parks & Recreation Department

Green Road Community Center Classes, Programs & Special Events September 2011—December 2011



Contact Information

Green Road Community Center
4201 Green Road
Raleigh, NC 27604
(919) 872-4140—phone
(919) 713-4188—fax
parks.raleighnc.gov

Keyword—Green Road Community Center

Community Center Contacts

Director—Daniel Bagley
Daniel.Bagley@raleighnc.gov

Assistant Director—Ryan Vinson
Ryan.Vinson@raleighnc.gov

Front Desk
Jenny.Hood@raleighnc.gov

Hours of Operation

Monday: 10:00 am—9:00 pm
Tuesday: 10:00 am—9:00 pm
Wednesday: 10:00 am—9:00 pm
Thursday: 10:00 am—9:00 pm
Friday: 10:00 am—9:00 pm
Saturday: 9:00 am—3:00 pm
Sunday: 1:00 pm—6:00 pm



RALEIGH PARKS AND RECREATION
4201 green road | raleigh, north carolina 27604 | 919-872-4140 | parks.raleighnc.gov





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Green Road Community Center Fall 2011 Classes

Preschool Classes

Animals from Australia: (ages 3-5) - We will take an imaginary journey to Australia, where we will encounter a different animal each week. Will we see kangaroos and koalas? What other mysterious animals will we encounter? Come with us to find out! Instructor: Mrs. Alice.

#113411	Oct 6—27	Class Fee: \$36.00	Thursday 2:00—2:45 pm
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Ballet Basics I: (age 3) - Learning ballet is a wonderful introduction to the art of dance! This class will allow students to explore the magic of movement while learning fundamental ballet principles of posture and body alignment, basic ballet terminology, and gain a stronger sense of body awareness and coordination.

#111991	Sept 3—Oct 15	Class Fee: \$70.00	Saturday 10:00—10:45 am
#111992	Oct 29—Dec 17	Class Fee: \$70.00	Saturday 10:00—10:45 am

Ballet Basics II: (ages 4-6) - Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases, while also developing their own creativity and expression.

#111993	Sept 3—Oct 15	Class Fee: \$70.00	Saturday 11:00—11:45 am
#111994	Oct 29—Dec 17	Class Fee: \$70.00	Saturday 11:00—11:45 am

All Sports—Little Starters: (ages 3-5) - Want to try several sports? Little Starters introduces you to a different sport each week. Sports could include baseball, soccer, football, hockey, basketball, lacrosse and maybe others. Get your game on!

#111964	Sept 7—28	Class Fee: \$36.00	Wednesday 6:00—6:45 pm
#111965	Oct 5—26	Class Fee: \$36.00	Wednesday 6:00—6:45 pm
#111966	Nov 2—23	Class Fee: \$36.00	Wednesday 6:00—6:45 pm
#111967	Dec 7—28	Class Fee: \$36.00	Wednesday 6:00—6:45 pm

Basketball—Little Shooters: (ages 3-5) - This class is an introduction in skills development that teaches the basics of basketball including passing, dribbling and shooting! Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! Let's shoot some hoops!

#111960	Sept 6—27	Class Fee: \$36.00	Tuesday 6:00—6:45 pm
#111961	Oct 4—25	Class Fee: \$36.00	Tuesday 6:00—6:45 pm
#111962	Nov 1—29	Class Fee: \$36.00	Tuesday 6:00—6:45 pm
#111963	Dec 6—27	Class Fee: \$36.00	Tuesday 6:00—6:45 pm

Bambi & Friends: (ages 3-5 years) - As Bambi grows up in the forest, his animal friends help him learn about his world. Each week we will learn about a different friend, and do a craft activity. All students must be potty-trained. Instructor: Mrs. Alice.

#113415	Dec 1—22	Class Fee: \$36.00	Thursday 3:00 – 3:45 pm
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Arts & Crafts for Little Hands: (ages 3-5) - Little ones just want to have fun. Each week we will do a craft project that is fun and age appropriate. We will use a variety of media for our projects. All students must be potty-trained.

#113418	Nov 3—17	Class Fee: \$27.00	Thursday 3:00—3:45 pm
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Halloween Spooktacular: (ages 0-10) - Halloween fun for kids. Join us, and participate in a variety of activities and games. SPACE IS LIMITED. Pre-registration is recommended. All participants must be accompanied by an adult.

#111954	Oct 24	Class Fee: FREE	Monday 6:30—8:30 pm
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Discover your raleigh parks and recreation Department

Green Road Community Center Fall 2011 Classes

Preschool Classes (continued)

Soccer—Little Kickers: (ages 3-5) - This class is an introduction in skills development that teaches the basics of soccer including drills such as passing, dribbling, and shooting. Class will help develop hand/eye coordination, listening skills, good sportsmanship and teamwork! GOAL!!!!

#111969	Sept 1—22	Class Fee: \$36.00	Thursday 6:00—6:45 pm
#111968	Sept 29—Oct 20	Class Fee: \$36.00	Thursday 6:00—6:45 pm
#111970	Oct 27—Nov 17	Class Fee: \$36.00	Thursday 6:00—6:45 pm
#111971	Dec 1—22	Class Fee: \$36.00	Thursday 6:00—6:45 pm

Tot Time: (ages 6 months-5 years) - The gym is your playground! Come meet other families in your community in a recreation setting. The gym will be reserved for parents and their young children. Sports and recreation equipment will be available for use. This program is free and registration is required to attend. Class Fee: FREE.

#112475	Sept 6—Dec 29	Class Fee: FREE	Tuesday & Thursday 10:00 am—11:30 am
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Cheerleading - Wolf Pups (Preschool Tumblers): (ages 3-6) - We are always striving to have a fun, exciting, and safe learning environment in our cheer classes at Green Road. We know the best formula for success is to have the perfect instructor leading your class, that's why Christine Baker and Olivia Blackwood who are currently Cheerleaders at North Carolina State University are our AWESOME INSTRUCTORS! In the Wolf Pups preschool tumblers class both basic and beginner tumbling skills will be taught along with basic jumps, motions and an overall understanding of cheerleading!

#113433	Sept 12—Oct 3	Class Fee: \$40.00	Monday 2:15—3:00 pm
#113434	Oct 17—Nov 14	Class Fee: \$40.00	Monday 2:15—3:00 pm
#113435	Nov 21—Dec 12	Class Fee: \$40.00	Monday 2:15—3:00 pm

Gymnastics - Little Twisters: (ages 3-5) - This class is designed for our little gymnasts to be! We will explore skill techniques while learning balance, flexibility, stamina, form, and style. Little to no experience needed.

#114747	Sept 12—Oct 3	Class Fee: \$40.00	Monday 11:15—12:00 pm
#114748	Oct 17—Nov 14	Class Fee: \$40.00	Monday 11:15—12:00 pm
#114749	Nov 21—Dec 12	Class Fee: \$40.00	Monday 11:15—12:00 pm

Gymnastics - Parents & Pups: (ages 0-3) - We are always striving to have a fun, exciting, and safe learning environment in our cheer classes at Green Road. We know the best formula for success is to have the perfect instructor leading your class, that's why Christine Baker and Olivia Blackwood who are currently Cheerleaders at North Carolina State University are our AWESOME INSTRUCTORS! In the Parents and Pups class parents and their children will participate in interactive playing which will assist in the development of motor skills through the use of obstacle courses, parachutes, barrels, etc.

#113436	Sept 12—Oct 3	Class Fee: \$40.00	Monday 1:15—2:00 pm
#113437	Oct 17—Nov 14	Class Fee: \$40.00	Monday 1:15—2:00 pm
#113438	Nov 21—Dec 12	Class Fee: \$40.00	Monday 1:15—2:00 pm

Ways 2 Go: (ages 3-5) - How many different ways of transportation can you go?...By train, boat, car, bus and many more that Mrs. Alice will teach you about in this class. We will also learn about safety and traffic signs. All students must be potty-trained.

#113412	Oct 6—27	Class Fee: \$36.00	Thursday 3:00—3:45 pm
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Deck the Halls: (ages 3-5) - Little ones like to decorate too. We will get into the holiday spirit as we make age appropriate crafts and decorations for the holiday season. Different decorations each week in this 4 week class.

#113414	Dec 1—22	Class Fee: \$36.00	Thursday 2:00—2:45 pm
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Green Road Community Center Fall 2011 Classes

Preschool Classes (continued)

Parents Getaway: (ages 3-5) - Hey Parents! Do you need to get something done on a Saturday afternoon? Well, Green Road is your place to drop the kids off where they'll have three hours of fun and excitement! Parents, space is limited, so you must sign up the Thursday before at the latest.

#111983	Sept 3	Class Fee: \$15.00	Saturday 12:00—3:00 pm
#111984	Sept 17	Class Fee: \$15.00	Saturday 12:00—3:00 pm
#111985	Oct 1	Class Fee: \$15.00	Saturday 12:00—3:00 pm
#111986	Oct 15	Class Fee: \$15.00	Saturday 12:00—3:00 pm
#111987	Oct 29	Class Fee: \$15.00	Saturday 12:00—3:00 pm
#111988	Nov 12	Class Fee: \$15.00	Saturday 12:00—3:00 pm
#111989	Dec 3	Class Fee: \$15.00	Saturday 12:00—3:00 pm
#111990	Dec 17	Class Fee: \$15.00	Saturday 12:00—3:00 pm

Gymnastics - Mommy & Me: (ages 15-24 months) - The class is for the youngster that wants some more bonding time with Mom (or Dad)! Fun learning techniques including stunts, tumbling, rolls, climbs, jumps and flips. This is a parent-child participation class. One parent must attend.

#114739	Sept 12—Oct 3	Class Fee: \$40.00	Monday 10:15—11:00 am
#114740	Oct 17—Nov 14	Class Fee: \$40.00	Monday 10:15—11:00 am
#114741	Nov 21—Dec 12	Class Fee: \$40.00	Monday 10:15—11:00 am

Science Fun: (ages 3-5) - Children who are exposed to the wonders of science in an enjoyable and caring way will begin to appreciate the beauty of the unique world in which we live. Join us as we discover the wonders of science as we conduct fun, age appropriate experiments. Experience the wonder of science with us.

#113413	Nov 3—17	Class Fee: \$27.00	Thursday 2:00—2:45 pm
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Youth Classes

Cheer and Tumbling Birthday Parties: (ages 4-13) - Cheer and Tumbling Birthday Parties, where gymnastics and cheer are combined with music, dance and synchronized energy. You're already a Cheerleader / young gymnast, or intend to become one? Here is a great opportunity to see what it's like! You will enjoy one hour of Gymnastics from one of our talented cheerleaders from NC State, and one hour in a private room where you can enjoy food drinks and games. As an added bonus Green Road will provide the participants with goodie bags on your way out.

Please call Green Road at 872-4140 to reserve your space, date and time!

Class Fee: \$150.00

Football (and other Sports) Birthday Parties: (ages 4-13) - Touchdown, Goal, Homerun!!! Sports Birthday Parties, where football, baseball and basketball are top dog! For your party, you will be able to choose which sports theme you want to celebrate! You will enjoy one hour of activities for that sport, and one hour in a private room where you can enjoy food drinks and games. As an added bonus Green Road will provide the participants with goodie bags on your way out.

Please call Green Road at 872-4140 to reserve your space, date and time!

Class Fee: \$150.00





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Green Road Community Center Fall 2011 Classes

Youth Classes (continued)

Karate - Traditional Okinawa Shorin-Ryu: (ages 6-12) - This class teaches the student the blocking, punching and kicking techniques of traditional Shorin-Ryu karate. The student will learn the weapons of karate such as, the bo, sai, nunchaku and tonfa. Forms (Kata) and sparring techniques will also be taught, along with ground grappling applications for self-defense. The important benefit to this class is that the student will be equipped with the skills and self confidence that will enable them defend themselves and their love ones against attacks. Another important benefit is that the participants will learn the basic disciplines of martial arts which include courtesy, modesty, perseverance, self-control, exercise and respect.

#113002	Sept 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 6:30 pm—7:30 pm
#113003	Oct 3—28	Class Fee: \$60.00	Monday, Wednesday, Friday 6:30 pm—7:30 pm
#113004	Nov 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 6:30 pm—7:30 pm
#113005	Dec 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 6:30 pm—7:30 pm

Baseball Skills for Beginners: (ages 6-9) - Play ball! This class will continue to develop the basics of baseball, including fielding, hitting, throwing, and catching. This class will help develop players for future league play, emphasizing good sportsmanship and teamwork as well as skills.

#113949	Sept 3—24	Class Fee: \$40.00	Saturday 9:00 am—9:45 am
#113950	Oct 8—29	Class Fee: \$40.00	Saturday 9:00 am—9:45 am

Basketball Skills for Beginners: (ages 6-9) - Just can't get enough basketball? This class will stress the fundamentals of basketball with an emphasis on fun. Basic techniques of dribbling, shooting and passing along with other drills for ball control will be taught. Be prepared to sweat, learn and have a good time!

#113951	Sept 3—24	Class Fee: \$40.00	Saturday 10:00—10:45am
#113952	Oct 8—29	Class Fee: \$40.00	Saturday 10:00—10:45am

Basketball – Elks Hoops Shoot: (ages 8-13) - Join us for the local competition of the Elks Hoop Shoot National Free Throw Contest. Competition is divided into three age groups for boys and girls. The top two winners in each age group will advance to the City Championship. Age as of date is 4/1/11. Participants must check in by the listed start time and pre-registration is required.

#112441	Dec 10	Class Fee: FREE	Saturday 1:00—3:00pm
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Cheerleading - Alpha Wolves (Intermediate Cheer): (ages 9+) - We are always striving to have a fun, exciting, and safe learning environment in our cheer classes at Green Road. We know the best formula for success is to have the perfect instructor leading your class, that's why Christine Baker and Olivia Blackwood who are currently Cheerleaders at North Carolina State University are our AWESOME INSTRUCTORS! Students will learn intermediate tumbling and routine building skills, learning stunts, motions, tumbling and jumps!

#113443	Sept 12—Oct 3	Class Fee: \$40.00	Monday 4:15—5:00 pm
#113444	Oct 17—Nov 14	Class Fee: \$40.00	Monday 4:15—5:00 pm
#113445	Nov 21—Dec 12	Class Fee: \$40.00	Monday 4:15—5:00 pm

Halloween Spooktacular: (ages 0-10) - Ages 10 & under. Halloween fun for kids. Join us, and participate in a variety of activities and games. SPACE IS LIMITED. Pre-registration is recommended. All participants must be accompanied by an adult.

#111954	Oct 24	Class Fee: FREE	Monday 6:30—8:30 pm
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Green Road Community Center Fall 2011 Classes

Youth Classes (continued)

Cheerleading - Red Wolves (Elementary Cheer): (ages 6-9) - We are always striving to have a fun, exciting, and safe learning environment in our cheer classes at Green Road. We know the best formula for success is to have the perfect instructor leading your class, that's why Christine Baker and Olivia Blackwood who are currently Cheerleaders at North Carolina State University are our AWESOME INSTRUCTORS! In the Red Wolves Elementary Cheer class both beginner and intermediate tumbling skills will be taught as well as jumps, motion sequences, cheers, basic stunts and dances.

#113439	Sept 12—Oct 3	Class Fee: \$40.00	Monday 3:15—4:00 pm
#113440	Oct 17—Nov 14	Class Fee: \$40.00	Monday 3:15—4:00 pm
#113441	Nov 21—Dec 12	Class Fee: \$40.00	Monday 3:15—4:00 pm

Gymnastics - Private Lessons: (ages 4-13) - Green Road Private and semi-private gymnastics lessons accelerate and enhance learning while overcoming obstacles in the learning process. Enjoy Private and semi-private lessons with our talented instructor Emily Guarneri, who just happens to be a NC State Cheerleader is available!! Class Fee: \$60.00

#114815	Sept 12	Monday 2:00-2:45 pm	#114864	Oct 17	Monday 4:00-4:45 pm
#114828	Sept 12	Monday 3:00-3:45 pm	#114865	Oct 17	Monday 5:00-5:45 pm
#114830	Sept 12	Monday 4:00-4:45 pm	#114866	Nov 21	Monday 2:00-2:45 pm
#114832	Sept 12	Monday 5:00-5:45 pm	#114867	Nov 21	Monday 3:00-3:45 pm
#114836	Oct 17	Monday 2:00-2:45 pm	#114868	Nov 21	Monday 4:00-4:45 pm
#114863	Oct 17	Monday 3:00-3:45 pm	#114869	Nov 21	Monday 5:00-5:45 pm

Gymnastics - Tiny Tumblers: (ages 4-11) - This is our introductory gymnastic class for youth! This class is designed for those for the interest but have little to no background or little experience. This class will include, but not limited to stunts, tumbling, balance, dance and coordination. Little to no experience required.

#114757	Sept 12—Oct 3	Class Fee: \$40.00	Monday 12:15—1:00 pm
#114762	Oct 17—Nov 14	Class Fee: \$40.00	Monday 12:15—1:00 pm
#114763	Nov 21—Dec 12	Class Fee: \$40.00	Monday 12:15—1:00 pm

Ballet Basics III: (ages 6-8) - Designed for youngsters with or without prior dance experience, this class emphasizes coordination of ballet movements properly and safely. They will discover the joy of combining movements into phrases, while also developing their own creativity and expression. Six year olds that have already had Ballet Basics II are allowed to register for Ballet Basics III.

#115844	Sept 3—Oct 15	Class Fee: \$70.00	Saturday 12:00—12:45 am
#115845	Oct 29—Dec 17	Class Fee: \$70.00	Saturday 12:00—12:45 am

Weather Bound: (ages 5-11) - Need a structured place for your children to play when Wake County Schools are closed for the day due to inclement weather? Program hours are 8:00am to 5:00pm. Activities may include sports, crafts, games, computer games, movies and outdoor play. Children should bring a lunch, two snacks, drinks and a change of clothes. Pre-registration is recommended. Space is limited. Please call us at 872-4140 to find out whether or not we will be having the program when Wake County Public System closes due to inclement weather.





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Green Road Community Center Fall 2011 Classes

Youth Classes (continued)

Introduction to Chess: (ages 6-9) - Checkmate!! This class is designed for youth that want to learn how to place chess. This class will cover the basics: the pieces, the board, the moves and much more! No experience necessary.

#115341	Sept 12—Oct 3	Class Fee: \$40.00	Monday 6:30—7:15 pm
#115342	Oct 17—Nov 14	Class Fee: \$40.00	Monday 6:30—7:15 pm
#115343	Nov 21—Dec 12	Class Fee: \$40.00	Monday 6:30—7:15 pm

Volleyball - Girls Spikers: (ages 8-11) - Introduction to the fundamental skills and strategies of organized volleyball. Volleyball requires development of the following individual skills: forearm pass, set, spike, block, dig, and serve. In addition, students will gain an understanding of elementary team strategies. Students will learn to practice effective communication with teammates. Oh yeah, and have FUN!!!

#111956	Sept 4—25	Class Fee: \$36.00	Sunday 4:30—5:15 pm
#111957	Oct 2—23	Class Fee: \$36.00	Sunday 4:30—5:15 pm
#111958	Nov 6—Dec 4	Class Fee: \$36.00	Sunday 4:30—5:15 pm

Teen Classes

Safety & Personal Protection: (ages 14-17) - Once a criminal has chosen you as a target of crime, you will have between 3-5 seconds to initiate your plan of escape. You'll physically practice 'break-away' techniques, physical maneuvers and learn how to use of everyday items as a weapon can keep you safe from bodily harm if approached by a criminal. You and your friends need to be 'in the know'; be ready with your plan!

#112415	Oct 9	Class Fee: \$35.00	Sunday 1:00—4:00 pm
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Teen Connect: (ages 13-18) - Hey teens! Want to learn how to pay for college and not be broke when you graduate? How to become an actor or actress, How to start a business? Maybe you want to know how to impress a college sports recruiter. At the monthly Teen Connect speaker workshops we will tackle many of these questions. For more information contact Green Road at 872-4140.

#111979	Sept 15	Class Fee: \$5.00	Thursday 7:00—8:30 pm
#111980	Oct 20	Class Fee: \$5.00	Thursday 7:00—8:30 pm
#111981	Nov 17	Class Fee: \$5.00	Thursday 7:00—8:30 pm
#111982	Dec 15	Class Fee: \$5.00	Thursday 7:00—8:30 pm

Karate - Traditional Okinawa Shorin-Ryu: (ages 13+) - This class teaches the student the blocking, punching and kicking techniques of traditional Shorin-Ryu karate. The student will learn the weapons of karate such as, the bo, sai, nunchaku and tonfa. Forms (Kata) and sparring techniques will also be taught, along with ground grappling applications for self-defense. The important benefit to this class is that the student will be equipped with the skills and self confidence that will enable them defend themselves and their love ones against attacks. Another important benefit is that the participants will learn the basic disciplines of martial arts which include courtesy, modesty, perseverance, self-control, exercise and respect.

#113006	Sept 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113007	Oct 3—28	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113008	Nov 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113009	Dec 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm





Discover your raleigh parks and recreation Department

Green Road Community Center Fall 2011 Classes

Teen Classes (continued)

NIA Fitness: (ages 13+) - The principles of Nia explore the mind, body, emotion and spiritual connections in a non-impact practice that combines martial arts, dance and healing arts. It delivers a safe, effective cardiovascular workout with the total body conditioning adaptable to all fitness levels. To learn more, please visit: www.trianglenia.com. Instructor Laura Ghantous.

#111976	Sept 8—Oct 13	Class Fee: \$48.00	Thursday 10:00—11:00 am
#111977	Oct 20—Dec 1	Class Fee: \$48.00	Thursday 10:00—11:00 am

Martial Arts—Aikido: (ages 16+) - Aikido is a fantastic program that has been running strong for over 10 years at Green Road. Aikido is the Martial Art that focuses on using minimum effort with maximum efficiency by using throws, joint holds, chokes and body movements to avoid attack. In addition, it concentrates on self defense strategy and technique as well as staying in good shape.

#111928	Sept 1—27	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111929	Sept 29—Oct 25	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111930	Oct 27—Nov 22	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111931	Nov 29—Dec 22	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm

Adult Classes

Safety & Personal Protection: (ages 18+) - Once a criminal has chosen you as a target of crime, you will have between 3-5 seconds to initiate your plan of escape. You'll physically practice 'break-away' techniques, physical maneuvers and learn how to use of everyday items as a weapon can keep you safe from bodily harm if approached by a criminal. You and your friends need to be 'in the know'; be ready with your plan!

#112416	Dec 4	Class Fee: \$35.00	Sunday 1:00—4:00 pm
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Basketball - 30 and Over League: (ages 30+) - This basketball league designed for people over the age of 30 and still wanting to play organized basketball. Teams are encouraged to join. Registration will be held August 15 - 28. Games will be played in September and October.

#112378	Aug 15—28	Class Fee: \$400.00	Tuesday, Thursday 6:00 pm
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Karate - Traditional Okinawa Shorin-Ryu: (ages 13+) - This class teaches the student the blocking, punching and kicking techniques of traditional Shorin-Ryu karate. The student will learn the weapons of karate such as, the bo, sai, nunchaku and tonfa. Forms (Kata) and sparring techniques will also be taught, along with ground grappling applications for self-defense. The important benefit to this class is that the student will be equipped with the skills and self confidence that will enable them defend themselves and their love ones against attacks. Another important benefit is that the participants will learn the basic disciplines of martial arts which include courtesy, modesty, perseverance, self-control, exercise and respect.

#113006	Sept 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113007	Oct 3—28	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113008	Nov 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm
#113009	Dec 2—30	Class Fee: \$60.00	Monday, Wednesday, Friday 7:30 pm—8:30 pm





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Adult Classes (continued)

NIA Fitness: (ages 13+) - The principles of Nia explore the mind, body, emotion and spiritual connections in a non-impact practice that combines martial arts, dance and healing arts. It delivers a safe, effective cardiovascular workout with the total body conditioning adaptable to all fitness levels. To learn more, please visit: www.trianglenia.com. Instructor Laura Ghantous.

#111976	Sept 8—Oct 13	Class Fee: \$48.00	Thursday 10:00—11:00 am
#111977	Oct 20—Dec 1	Class Fee: \$48.00	Thursday 10:00—11:00 am

Martial Arts—Aikido: (ages 16+) - Aikido is a fantastic program that has been running strong for over 10 years at Green Road. Aikido is the Martial Art that focuses on using minimum effort with maximum efficiency by using throws, joint holds, chokes and body movements to avoid attack. In addition, it concentrates on self defense strategy and technique as well as staying in good shape.

#111928	Sept 1—27	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111929	Sept 29—Oct 25	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111930	Oct 27—Nov 22	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm
#111931	Nov 29—Dec 22	Class Fee: \$35.00	Tuesday & Thursday 7:15—8:45 pm

Yoga (Single Classes): (ages 18+) - Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity. Instructor: Susan King, LMBT.

#112005	Sept 7	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112006	Sept 14	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112007	Sept 21	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112008	Sept 28	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112009	Oct 5	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112010	Oct 12	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112011	Oct 19	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112012	Oct 26	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112013	Nov 2	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112014	Nov 9	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112015	Nov 16	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112016	Nov 23	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112017	Nov 30	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112018	Dec 7	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112019	Dec 14	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112020	Dec 21	Class Fee: \$6.00	Wednesday 10:00—11:00 am
#112024	Dec 28	Class Fee: \$6.00	Wednesday 10:00—11:00 am



Discover your raleigh parks and recreation Department

Green Road Community Center Fall 2011 Classes

Adult Classes (continued)

Yoga (8 – Class Punch Pass): (ages 18+) - Breath, balance, flexibility and strength are all necessary components for the wellness of our mind and body. Yoga, when practiced routinely, offers to each of us opportunities to connect with ourselves more deeply to a better understanding of who we are. Stretch Yoga pays specific attention to breath, balance and flexibility and offers movement for your body without strenuous activity. Instructor: Susan King, LMBT.

#112023	Sept—Oct	Class Fee: \$48.00	Wednesday 10:00—11:00 am
#112004	Nov—Dec	Class Fee: \$48.00	Wednesday 10:00—11:00 am

Zumba & Zumba Toning (7-Class Punch Pass): (ages 12+) - When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. Instructed by Maria Elena Angel-Williams. Pass is good for Zumba and Zumba Toning.

Class Fee: \$25.00 for a 7 class punch pass (2 free classes)

Zumba Class Day & Time: Mondays and Wednesdays from 6:00—7:00 pm.

Zumba Toning Class Day & Time: Friday 6:00 – 7:00 pm.

#112417	Sept 2—19	#112455	Nov 2—Nov 21
#112418	Sept 21—Oct 10	#112456	Nov 23—Dec 12
#112454	Oct 12—31	#112457	Dec 16—30

Zumba (Single Classes): (ages 12+) - When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. Instructed by Maria Elena Angel-Williams.

Class Fee: \$5.00 per class. Class Times: 6:00—7:00 pm.

#112421	Sept 7	Wednesday	#112445	Nov 2	Wednesday
#112423	Sept 12	Monday	#112447	Nov 7	Monday
#112425	Sept 14	Wednesday	#112448	Nov 9	Wednesday
#112426	Sept 19	Monday	#112449	Nov 14	Monday
#112427	Sept 21	Wednesday	#112450	Nov 16	Wednesday
#112429	Sept 26	Monday	#112452	Nov 21	Monday
#112430	Sept 28	Wednesday	#112453	Nov 23	Wednesday
#112432	Oct 3	Monday	#112458	Nov 28	Monday
#112433	Oct 5	Wednesday	#112459	Nov 30	Wednesday
#112435	Oct 10	Monday	#112461	Dec 5	Monday
#112436	Oct 12	Wednesday	#112462	Dec 7	Wednesday
#112438	Oct 17	Monday	#112464	Dec 12	Monday
#112439	Oct 19	Wednesday	#112465	Dec 14	Wednesday
#112441	Oct 24	Monday	#112467	Dec 19	Monday
#112442	Oct 26	Wednesday	#112468	Dec 21	Wednesday
#112444	Oct 31	Monday	#112470	Dec 28	Wednesday





Discover your raleigh parks and recreation Department

Green Road Community Center Fall 2011 Classes

Adult Classes (continued)

Zumba Toning at Green Road (Single Classes): (ages 12+) - Participants who wish to learn how to blend body-sculpting techniques and specific Zumba moves into one calorie-burning, strength-training class, this is your class! You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones. Instructed by Maria Elena Angel-Williams.

Class Fee: \$5.00 per class. Class Times: 6:00 – 7:00 pm.

#112380	Sept 2	Friday	#112396	Oct 28	Friday
#112382	Sept 9	Friday	#112398	Nov 4	Friday
#112384	Sept 16	Friday	#112402	Nov 18	Friday
#112386	Sept 23	Friday	#112405	Dec 2	Friday
#112388	Sept 30	Friday	#112407	Dec 9	Friday
#112390	Oct 7	Friday	#112409	Dec 16	Friday
#112392	Oct 14	Friday	#112411	Dec 23	Friday
#112394	Oct 21	Friday			

Weight Room/Fitness Center: (ages 18+) - Check out the fitness rooms around the city! Take advantage of the variety of cardiovascular and strength training equipment available around the city and get into shape. The fitness rooms will be open during normal center operating hours. Participants must be 18 years of age or older. Please see staff for additional information.

#113904	Sept 1—30	Class Fee: \$10.00	Mon-Fri: 10 am-9 pm, Sat: 9 am-3pm, Sun: 1 pm-6pm
#113905	Oct 1—31	Class Fee: \$10.00	Mon-Fri: 10 am-9 pm, Sat: 9 am-3pm, Sun: 1 pm-6pm
#113906	Nov 1—30	Class Fee: \$10.00	Mon-Fri: 10 am-9 pm, Sat: 9 am-3pm, Sun: 1 pm-6pm
#113893	Dec 1—31	Class Fee: \$10.00	Mon-Fri: 10 am-9 pm, Sat: 9 am-3pm, Sun: 1 pm-6pm
#113947	Sept 1—Dec 31	Class Fee: \$40.00	Mon-Fri: 10 am-9 pm, Sat: 9 am-3pm, Sun: 1 pm-6pm

Dog Obedience - Basic: (ages 18+) - For dogs with little or no prior training. Dogs of all ages. (puppies must be over 12 weeks) Learn basic skills, house manners, and fun tricks. Great socialization!!! Must bring proof of your dogs vaccinations to first class. Also bring lots of soft treats and toys your dog likes. Classes are held biweekly.

Class meets at Brentwood Neighborhood Center – 3315 Vinson Court, Raleigh, NC 27604

#116212	Sept 12—Nov 21	Class Fee: \$100.00	Monday 6:30 pm—7:30 pm (every other Monday)
#116214	Sept 19—Nov 28	Class Fee: \$100.00	Monday 10:30 am—11:30 am (every other Monday)

Dog Obedience - Basic: (ages 18+) - For dogs of all ages that have had some prior training such as a puppy or basic class. Learn Advanced skills, work on all your dogs skills for in home and out in public. Great refresher for a dog that has not had recent training. This will get your dog ready to move on to fun sports such as, Rally, Agility, Fly ball, or to get your dogs CGC and much more. Must bring proof of your dogs vaccinations to first class. Also bring lots of soft treats and toys your dog likes. Classes are held biweekly.

Class meets at Brentwood Neighborhood Center – 3315 Vinson Court, Raleigh, NC 27604

#116258	Sept 12—Nov 21	Class Fee: \$100.00	Monday 7:45 pm—8:45 pm (every other Monday)
#116259	Sept 19—Nov 28	Class Fee: \$100.00	Monday 11:45 am—12:45 pm (every other Monday)





Discover your raleigh parks and recreation Department

Green Road Community Center Fall 2011 Classes

Adult Classes (continued)

Adult Book Club: (ages 18+) - Join the Green Road Library staff at the Green Road Community Center on the third Tuesday of each month to discuss the book selection of the month.

#111972	Sept 20	Class Fee: FREE	Tuesday 7:00 pm—8:30 pm
#111973	Oct 18	Class Fee: FREE	Tuesday 7:00 pm—8:30 pm
#111974	Nov 15	Class Fee: FREE	Tuesday 7:00 pm—8:30 pm
#111975	Dec 20	Class Fee: FREE	Tuesday 7:00 pm—8:30 pm

Senior Classes

Bingo: (ages 55+) - Come and enjoy making friends and sharing lots of laughs while playing Bingo! This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cent per card. **Bingo meets at Brentwood Neighborhood Center – 3315 Vinson Court, Raleigh, NC 27604**

#111933	Sept 6—27	Class Fee: FREE	Tuesday 10:00 am—12:30 pm
#111934	Oct 4—25	Class Fee: FREE	Tuesday 10:00 am—12:30 pm
#111935	Nov 1—29	Class Fee: FREE	Tuesday 10:00 am—12:30 pm
#111936	Dec 6—27	Class Fee: FREE	Tuesday 10:00 am—12:30 pm

Senior Monday Morning Movies: (ages 55+) - Are you in the mood for a good movie, popcorn and soda? Then come join your friends as we view current films as well as classics in a friendly environment. Movie requests are welcome as well! Preregistration is necessary due to popularity!

#111938	Sept 12	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111939	Sept 19	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111940	Sept 26	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111941	Oct 3	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111942	Oct 10	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111943	Oct 17	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111944	Oct 31	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111945	Nov 7	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111946	Nov 14	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111947	Nov 21	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111948	Nov 28	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111949	Dec 5	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111950	Dec 12	Class Fee: \$2.00	Monday 10:00 am—12:00 pm
#111951	Dec 19	Class Fee: \$2.00	Monday 10:00 am—12:00 pm

